

“If you can find a path with no obstacles, it probably doesn’t lead anywhere.” –Anonymous

Did you know that 60% of American adults are sedentary (inactive)? We all know there are fantastic benefits of physical activity, so why isn’t everyone active? If you are not active, it is likely you have at least one reason why. Perhaps you have never been very active. Maybe you do not know where to start. Think about what is keeping you from being active and then look into ways to overcome the barriers.

*AdvanceMed Health and Safety has a few suggestions:*

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| Barrier 1:  | I do not have time to exercise.  |
| Strategies: | <ul style="list-style-type: none"> <li>▪ Squeeze in a couple 10 minutes walks on your breaks during the day.</li> <li>▪ Start by getting up 30 minutes earlier two days a week to exercise.</li> <li>▪ Plan a fun physical activity to do with others on the weekend.</li> </ul>   |
| Barrier 2:  | Exercise is boring. I do not like the repetition.  |
| Strategies: | <ul style="list-style-type: none"> <li>▪ Try exercises classes, sports, or other activities. Social interaction is great.</li> <li>▪ Modify what you do every week. Cross train with a variety of activities.</li> <li>▪ Exercise to music you enjoy</li> </ul>  |
| Barrier 3:  | I do not have support from family and friends to exercise regularly.   |
| Strategies: | <ul style="list-style-type: none"> <li>▪ Sign up for an activity you can do with your children or spouse.</li> <li>▪ Play with your kids.</li> <li>▪ Get a walking buddy.</li> </ul>   |
| Barrier 4:  | I am afraid I will hurt myself.  |
| Strategies: | <ul style="list-style-type: none"> <li>▪ Start with a beginners exercise class.</li> <li>▪ Work one-on-one with a personal trainer at the gym.</li> <li>▪ Use expert resources available through work to help you get started safely.</li> <li>▪ Start small and go for a walk.</li> </ul>   |
| Barrier 5:  | I’m too tired to exercise after working all day  |
| Strategies: | <ul style="list-style-type: none"> <li>▪ Keep a pair of walking shoes at work and take a brisk walk during your lunch or downtime. Exercise actually energizes you!</li> <li>▪ Use the power of momentum. Start out slowly by walking 15 minutes and gradually increase your exercise as you get stronger- you will feel it!</li> <li>▪ Plan activity when you feel the most energetic.</li> <li>▪ Schedule exercise time like you would any other important appointment.</li> </ul> |
| Barrier 6:  | I have tried exercise before, but failed.  |
| Strategies: | <ul style="list-style-type: none"> <li>▪ Do not try to do too much too quickly. Make one change at a time</li> <li>▪ Sign up for a beginner’s exercise class. Others just starting out, too, will surround you.</li> <li>▪ Set realistic, personal goals.</li> </ul>   |
| Barrier 7:  | I cannot afford to buy equipment or join a gym.  |
| Strategies: | <ul style="list-style-type: none"> <li>▪ Elastic resistance bands are great for resistance training at home.</li> <li>▪ Exercise videos and DVD’s offer a variety of choices and levels.</li> <li>▪ Use parks, outdoor trails, back roads. Use the stairs instead of elevators.</li> <li>▪ Use your body weight and household items for resistance training.</li> <li>▪ Try your local community center. Often they are much more affordable.</li> </ul>                             |

For more information contact Health Education Services at AdvanceMed Hanford (509) 376-3267.